

AVAILABLE  
MON - FRI 8AM - 12PM  
SAT - SUN 9AM - 12.30PM

PLEASE ORDER  
AT THE BAR

# LOW GLUTEN BRUNCH

.....

**Eggs Florentine (v) • 7.5 | Eggs Benedict • 8.5 | Eggs Royale • 8.5**  
with Gluten Free Toast

**Poached, Scrambled or Fried Eggs** with Gluten Free Toast • **6.25**

**Smoked Salmon, Avocado, Poached Egg** with Gluten Free Toast • **9.5**

**House Breakfast** with Bacon, Egg, Hash Brown, Beans, Tomato, Mushroom and with Gluten Free Toast • **11**

## Smoothies:

Passion Fruit, Papaya, Pineapple, Peach, Guava and Aloe Vera • **4**

Blueberry, Blackberry, Blackcurrant and Banana • **4**

Acai, Strawberry, Blueberries and Mango • **4**

## COLD PRESSED JUICES

Kale, Spinach, Apple, Cucumber, Celery, Lemon and Ginger • **4**

Carrot, Apple, Red Pepper, Lemon, Ginger and Turmeric • **4**

Beetroot, Apple, Carrot, Cucumber and Lemon • **4**

AVAILABLE  
MON - FRI 12 - 9.30PM  
SAT - SUN 12.30 - 9.30PM

## SIDES

**Homemade Slaw (v) • 3**

**Puttanesca Olives (ve) • 3.5**

**Fries (ve) • 3.5**

**Green Salad • 4.5**

with Courgette, Cucumber, Peas,  
Chimichurri and Sea Salt (ve)

**Rocket and Parmesan Salad • 5.5**

with Sun Blushed Tomato and Balsamic Dressing

**Roasted Butternut Squash • 6**

with Harissa, Buffalo Mozzarella, Almonds and  
Crispy Sage

## DESSERTS

**Gelato • 5**

Chocolate with Strawberries

Strawberry with Chocolate Flakes

Hazelnut with Roasted Almonds

Vanilla with Honey Pistachios

**Orange Chocolate Pot • 5**

with Almonds and Shortbread

AVAILABLE  
MON - FRI 12- 9.30PM  
SAT - SUN 12.30 - 9.30PM

PLEASE ORDER  
AT THE BAR

## LOW GLUTEN SMALL PLATES

.....

**House Soup** with Gluten Free Bread • **6.5**

\* **Avocado and Feta** with Harissa Yoghurt and Gluten Free Bread • **7.75**

\* **Bruschetta of the day on Gluten Free Bread** • **8**

**Smoked Mackerel Pâté** with Tomato Salsa and Gluten Free Bread • **8**

## LOW GLUTEN LARGE PLATES

.....

**Heirloom Tomato and Ricotta Salad** • **7.5 / 11.75**

with Pomegranate, Pine Nuts and Baby Basil (v)

**Smoked Chicken Caesar Salad** • **8.5 / 12.75**

with White Anchovies, Pancetta, Parmesan, Paprika and Chives

**Slow Cooked Beef Brisket and Sweet Potato Hash** • **14.5**

with Fried Egg, Gluten Free Bread and Sweet Tomato Chutney

\* **Baked Fillet of Cod** with Capers, Tomato, Olives, Anchovies and Chat Potato • **15.5**

## LOW GLUTEN BURGERS

.....

ALL BURGERS ARE SERVED WITH FRIES, DILL PICKLE AND HOMEMADE SLAW ON A GLUTEN FREE BUN

**Low Carb Burger** your choice of burger without the bun, served with a salad instead of fries • **12**

**Plough Burger** with Fried Onion, Plough Burger Sauce, Iceberg, Melted Cheddar and Mustard Pickle • **14**

**Streaky Bacon and Avocado Burger** with Red Leicester, Tomato and Chilli Salsa • **14**

**Chicken Burger** with White BBQ Sauce and Chipotle Mayo • **14**

\* **THESE DISHES ARE NOT AVAILABLE ON SUNDAYS OR BANK HOLIDAYS**